

Full Report (All Nutrients) 09043, Blackberry juice, canned

Report Date: June 29, 2017 22:49 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g
Proximates					
Water	g	90.90	--	--	227.25
Energy	kcal	38	--	--	95
Energy	kJ	158	--	--	395
Protein	g	0.30	--	--	0.75
Total lipid (fat)	g	0.60	--	--	1.50
Ash	g	0.40	--	--	1.00
Carbohydrate, by difference	g	7.80	--	--	19.50
Fiber, total dietary	g	0.1	--	--	0.2
Sugars, total	g	7.70	--	--	19.25
Minerals					
Calcium, Ca	mg	12	--	--	30
Iron, Fe	mg	0.48	--	--	1.20
Magnesium, Mg	mg	21	--	--	52
Phosphorus, P	mg	12	--	--	30
Potassium, K	mg	135	--	--	338
Sodium, Na	mg	1	--	--	2
Zinc, Zn	mg	0.41	--	--	1.02
Copper, Cu	mg	0.114	--	--	0.285
Selenium, Se	µg	0.3	--	--	0.8
Vitamins					
Vitamin C, total ascorbic acid	mg	11.3	--	--	28.2
Thiamin	mg	0.012	--	--	0.030
Riboflavin	mg	0.018	--	--	0.045

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g
Niacin	mg	0.446	--	--	1.115
Vitamin B-6	mg	0.021	--	--	0.052
Folate, total	µg	10	--	--	25
Folic acid	µg	0	--	--	0
Folate, food	µg	10	--	--	25
Folate, DFE	µg	10	--	--	25
Choline, total	mg	6.6	--	--	16.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	6	--	--	15
Retinol	µg	0	--	--	0
Carotene, beta	µg	74	--	--	185
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	123	--	--	308
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	68	--	--	170
Vitamin E (alpha-tocopherol)	mg	0.90	--	--	2.25
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	15.2	--	--	38.0
Lipids					
Fatty acids, total saturated	g	0.018	--	--	0.045
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.014	--	--	0.035
18:0	g	0.003	--	--	0.007
Fatty acids, total monounsaturated	g	0.058	--	--	0.145

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.054	--	--	0.135
20:1	g	0.004	--	--	0.010
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.344	--	--	0.860
18:2 undifferentiated	g	0.229	--	--	0.573
18:3 undifferentiated	g	0.115	--	--	0.287
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0